

Breathing and Relaxation

Taking time to breathe and slow down is not a luxury—it's a necessity. When life feels overwhelming, even a few minutes of stillness can make a difference. These tools can help you reconnect with your breath, your body and the present moment.

Apps

[#SelfCare](#)

Part game, part mindfulness—this soothing app helps you care for your virtual space while gently caring for yourself too.

[Breathing Zone](#)

Guided breathing exercises backed by science to reduce stress and improve focus within minutes.